

Domestic violence  
leaves marks



# SPEAK OUT



The law protects you,  
**HELP EXISTS.**

With the participation of

Québec 

VILLE DE  
QUÉBEC 



**OBLIGATION:** men = women

---



**PROHIBITION:** violence is a crime

---



**PROTECTION:** the police are on your side

---



**SOLUTION:** help exists

# EQUALITY

## MEN = WOMEN

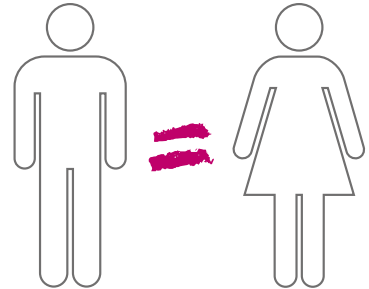
In Canada, women and men are **EQUAL**: they have the same rights and the same obligations.

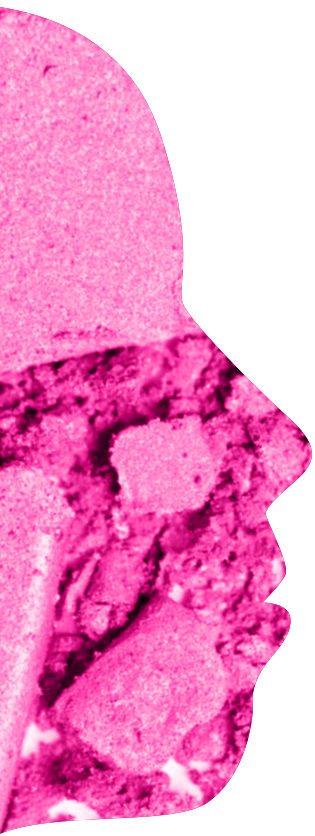
The Criminal Code of Canada prohibits the use of force against another person. It's a **CRIME** known as assault. Threatening the use of force is also a crime.

Abuse is unacceptable, regardless of your **IMMIGRATION** status and your cultural or religious affiliation.

Don't stay in this situation, ask for **HELP**.

If you fear for your **SAFETY** and that of your children, call 911 to talk to the police.





## THE MANY FORMS OF DOMESTIC VIOLENCE

### Domestic violence is:

- **hitting:** he hits you with his hands or throws objects
- **harassing:** he spies on what you're doing and controls your movements
- **using insulting language:** he puts you down, imposes his beliefs on you and doesn't respect your ideas
- **making threats:** he says that he can take your children away from you, cut you off from the rest of the family and kick you out
- **unwanted sexual relations**



## TO STAY OR LEAVE

When deciding whether to stay or leave, think first about your own SAFETY and that of your children. You can decide to leave for a short period. This decision does not mean that you are ending your relationship. A safe house can host you and your children, allowing you to take a break and better evaluate your options.

Leaving can create uncertainty, but staying with a spouse can be dangerous.

### **If you decide to stay:**

- Don't keep this secret to yourself: talk about it to someone you know and trust.
- Find out about your rights and about the help you can receive if you separate (getting custody of children, terminating your lease, legal aid, applying for permanent residence, etc.).
- Keep enough money to take a taxi in case you have to leave quickly.

### **If your safety or that of your children is threatened:**

- Call the police at 911 to file a complaint or go in person to a police station.
- Leave as quickly as possible, without gathering your belongings: you can be escorted by the police later to get your things.
- Take shelter in a safe house for women.



## PROTECT YOUR CHILDREN

Children exposed to domestic violence may:

- feel responsible and guilty
- develop contempt towards you
- have problems at school (with their grades or relationships with friends)
- become violent themselves as they grow up

For these reasons, children are also **VICTIMS** and need to be **PROTECTED**.

**Have your children witnessed violence or have they themselves been threatened by your spouse? Inform them of what they can do:**

- get out of the house
- take shelter at a neighbour's house
- confide in a teacher at school
- call the police at 911 or ask an adult to do so



## FILING A COMPLAINT

It's the police department's duty to help you. The police officers are **ON YOUR SIDE**. To have them respond, you must call **911**.

### Why file a complaint?

- to protect yourself and your children
- to prevent a subsequent crisis
- to get your spouse to think about his behaviour

### What will the police do?

- They will ask you and your spouse to explain what happened.
- They will suggest that you complete a written statement.
- They will offer to accompany you to a safe house, if you wish.
- If they have reasonable grounds to believe that you have been a victim of violence, they will arrest your spouse, regardless of whether you intend to file a complaint.
- They will submit a report to the investigating officers.
- The investigating officers will gather the necessary evidence and send the file to a prosecutor, who will decide whether to lay charges against your spouse or close the case.





## What happens if your spouse is arrested?

- He will spend a few hours in a cell.
  - If there are charges, he will appear before a judge within 24 to 48 hours of his arrest.
- He may be released and you will be notified of his release. If you fear for your safety, tell the police officer. The court will then be able to impose certain conditions on his release; for example, a prohibition on contacting you by phone or approaching you.
- He will be kept in police custody if the judge considers him a danger.





# YOUR RIGHTS AS AN IMMIGRANT WOMAN

When an abused woman decides to leave her spouse, she can receive help, regardless of her language or cultural origin.

There are **SOLUTIONS** to allow you to leave the abusive situation you are in.

## Impact on your immigration status

If you are a citizen or a permanent resident, you cannot be removed from Canada to escape the violence of your spouse or a family member.

If you are not yet a permanent resident and your sponsor decides to withdraw their sponsorship, or if you decide to separate on grounds of violence before your application is approved, recourses are available to you. In either of these situations, you could request permanent resident status on humanitarian grounds.

If you are a refugee or a person needing protection and are experiencing domestic abuse, you can also receive help.

## Child custody

Being better off financially is not a sufficient reason to gain custody of a child. The court will determine child custody and visitation rights based on the best interests of the child.





## Lease termination

If you're a tenant and have signed a lease, you can terminate your lease if your safety or that of your children is threatened because of your spouse's violence.

You can terminate your lease even if you haven't filed a complaint with the police.

## Financial assistance

Depending on your case and your income, different types of financial assistance are available. For example:

- *indemnisation des victimes d'actes criminels* (compensation for victims of crime/IVAC)
- social assistance
- support allowance

## Legal aid

A person is entitled to receive legal assistance if they live in Quebec, regardless of their legal status under immigration law. If you are in a low-income bracket, you can benefit from the services of a lawyer at no cost or for a small contribution.

To understand and assert your rights, you may have to talk to a **LAWYER**. You can get information in this regard at a safe house: the workers there will guide you through the process.



## SAFE HOUSES

Safe houses were created to ensure physical safety and emotional support for women experiencing violence and for their children. These houses accept women experiencing spousal or family problems, whether verbal, psychological, physical, economic or sexual. These services are not just for battered women. You can call just to get **ADVICE** or to have a place to live while you assess your options.

Skilled safe house workers will support you through the process. They'll help you regain confidence in yourself and your abilities. The houses are open to cultural diversity. You will be **RESPECTED**.

### Services offered:



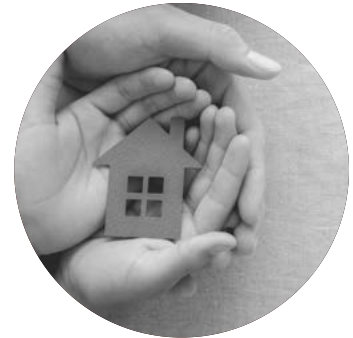
24/7 hotline



housing



support  
and assistance  
for women



All services are **FREE**.



## DON'T FORGET:

- You don't deserve to be abused.
- You have a right to be protected.
- You can file a complaint.
- You have access to help.



TO **HELP** YOU











R  
E  
S  
O  
U  
R  
C  
E  
S

## Free resources and services available 24/7

Organization	Description	Contact information
<b>SOS Violence conjugale</b>	Bilingual welcome, evaluation, information, awareness-raising, support and referral services	<b>1-800-363-9010</b> <a href="http://www.sosviolenceconjugale.ca">www.sosviolenceconjugale.ca</a>
<b>Centre de crise de Québec</b>	Telephone intervention, off-site interviews, mobile team, crisis accommodations, temporary accommodations, post-crisis support	<b>418-688-4240</b> <a href="http://www.centredecrise.com">www.centredecrise.com</a>
<b>Centre de prévention du suicide</b>	Suicide prevention and intervention following a suicide	<b>1-866-APPELLE</b> (1-866-277-3553) <a href="http://www.cpsquebec.ca">www.cpsquebec.ca</a>
<b>Info-Social and Info-Santé 811</b>	Free, confidential telephone consultation services in English and French  <b>811 Info-Santé</b> (HealthLine): for non-urgent health problems  <b>811 Info-Social</b> (Psychosocial Line): to speak with a psychosocial intervention professional	<b>811</b>
<b>Viol-Secours</b>	Support services for women and teens who have been sexually assaulted	<b>418-522-2120</b> <a href="http://www.violsecours.qc.ca">www.violsecours.qc.ca</a>

## Safe houses for women who are victims of domestic abuse

Organization		Description	Contact information
Maison pour femmes immigrantes		Services tailored to the needs of immigrant women   Interpretation services available	418-652-9761 <a href="http://www.maisonpourfemmesimmigrantes.com">www.maisonpourfemmesimmigrantes.com</a>
Maison du cœur pour femmes		Temporary accommodations	418-841-0011 <a href="http://www.fede.qc.ca/maison/maison-coeur-pour-femmes">www.fede.qc.ca/maison/maison-coeur-pour-femmes</a>
Maison des femmes de Québec		Accommodations and transition	418-522-0042 <a href="http://www.lamaisondesfemmesdequebec.com">www.lamaisondesfemmesdequebec.com</a>
Maison Charlotte		Support for women in difficulty who are facing various social issues	418-692-3555 <a href="http://salvationarmy.ca/quebec/home/services/housing-centres-shelters/charlotte/">salvationarmy.ca/quebec/home/services/housing-centres-shelters/charlotte/</a>
Missinak Community Center		Accommodations and transition for Aboriginal women	1-866-927-7346 <a href="http://www.missinak.org">www.missinak.org</a>
Maison Hélène Lacroix		Accommodations and transition	418-527-4682 <a href="http://www.maisonhelenelacroix.com">www.maisonhelenelacroix.com</a>
Maison Marie-Rollet		Accommodations and transition	418-688-9024 <a href="http://www.maisonmr.com">www.maisonmr.com</a>
YWCA		Emergency accommodations and transition	418-683-2155 <a href="http://www.ywcaquebec.qc.ca/hebergement/ressources">www.ywcaquebec.qc.ca/hebergement/ressources</a>



## Community help and support services and resources for women

Organization	Description	Contact information
<b>Centre des femmes de la Basse-Ville</b>	Coffee get-togethers, welcome services, mutual aid and group-based approaches  Services tailored to the needs of immigrant women	<b>418-648-9092</b> <a href="http://www.211quebecregions.ca/record/QBC0248">www.211quebecregions.ca/record/QBC0248</a>
<b>Centre de femmes aux 3 A de Québec</b>	Support and assistance for delinquent women to prevent prosecutions and repeat offences	<b>418-529-2066</b> <a href="http://www.cf3a.ca">www.cf3a.ca</a>
<b>Centre femmes d'aujourd'hui</b>	A place for information and learning, collaboration and solidarity among women  Hotline, coffee get-togethers, themed workshops, talks	<b>418-651-4280</b> <a href="http://www.centrefemmedaujourd'hui.org">www.centrefemmedaujourd'hui.org</a>
<b>Centre International des Femmes</b>	Facilitates access to a range of health and social services for immigrants  Interpretation services available	<b>418-688-5530</b> <a href="http://www.cifqfemmes.qc.ca">www.cifqfemmes.qc.ca</a>





Organization	Description	Contact information
<b>Maison de la famille Saint-Ambroise</b>	Hotline, individual consultation and discussion groups	<b>418-847-1990</b> <a href="http://www.mfsambroise.com">www.mfsambroise.com</a>
<b>Maison de la famille de Charlesbourg D.A.C.</b>	Prevention and help for people experiencing interpersonal and adaptation problems	<b>418-623-5705</b> <a href="http://www.mfcharlesbourg.org">www.mfcharlesbourg.org</a>
<b>Maison de la Famille de Québec</b>	A place of renewal and help to overcome personal or interpersonal problems	<b>418-529-0263</b> <a href="http://www.mf-quebec.org">www.mf-quebec.org</a>
<b>Mieux-Être des Immigrants</b>	Psychosocial services, support and assistance for immigrants	<b>418-527-0177</b> <a href="http://www.meiquebec.org">www.meiquebec.org</a>
<b>Tel-jeunes</b>	24/7 hotline	<b>1-800-263-2266</b> <a href="http://www.teljeunes.com">www.teljeunes.com</a>
<b>Service de Référence en Périnatalité pour les Femmes Immigrantes de Québec (SRPFIQ)</b>	Information on existing resources, meetings to help break the isolation of mothers-to-be	<b>418-688-6039</b> <a href="http://www.accompagnantes.qc.ca">www.accompagnantes.qc.ca</a>

Organization	Description	Contact information
<b>211 information and referral centre</b>	Information about community resources, available 7 days a week. Service offered in several languages.	<b>211</b> <a href="http://www.211quebecregions.ca">www.211quebecregions.ca</a>
<b>Centre d'aide juridique de Québec</b>	Legal aid in the areas of social and administrative law, civil law, immigration, criminal law and youth and family law	<a href="http://www.aidejuridiquequebec.qc.ca">www.aidejuridiquequebec.qc.ca</a>
<b>Crime Victim Assistance Centre (CAVAC)</b>	Front-line services for crime victims and their family members, and for witnesses of crimes. CAVAC assistance is available regardless of whether the perpetrator is identified, arrested, prosecuted or convicted.	<b>1-866-LE CAVAC/1-866-532-2822</b> <a href="http://www.cavac.qc.ca">www.cavac.qc.ca</a>
<b>Violence Info</b>	Intervention and prevention of violence in marital or intimate relationships	<b>418-667-8770</b> <a href="http://www.violenceinfo.com">www.violenceinfo.com</a>

## Community help services and resources for men struggling with violent or controlling behaviour

Organization	Description	Contact information
<b>Le G.A.P.I. Groupe d'aide aux personnes impulsives</b>	Help for men who exhibit violent and controlling behaviour towards their partner. Services: welcome, listening, evaluation, support and referral, individual support, telephone intervention, therapy groups, awareness and prevention activities, information meetings for participants' partners.	<b>418-529-3446</b> <a href="http://www.legapi.com">www.legapi.com</a>
<b>Autonhommie</b>	Resource centre for men <ul style="list-style-type: none"> <li>■ Support for men experiencing psychosocial problems</li> </ul>	<b>418-648-6480</b> <a href="http://www.autonhommie.org">www.autonhommie.org</a>



August 2018

With the participation of

